

**Graduation Matters Missoula Student Wellness Subcommittee**

**Guiding Question:**

How do we work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students so that we may ensure 100% graduation for all students, regardless of circumstances?

**Long term target:**

Enhance Student Wellness – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students.

Work on both policy and curricular recommendations in the following subcategories: Nutrition, Physical Activity, Personal Health, Mental Health, and Healthy Decision Making.

The GMM Student Wellness Subcommittee has expanded the work of the group to include more participation among community members.

**Behavioral Health Team**

**Who is involved?**

Carol Ewen (MCPS), Kelly McGuire (Healthy Relationships Project), Kristie Scheel (Health Dept), Brandee Tyree (Forum for Children & Youth), Abby Sun (Planned Parenthood/Teen Council), Anna Semple (Forum for Children & Youth), Jackson Curtis Smith (student), Jackson Ottman (student), Brennan Drew (student), Jonny Nolan (student), Mark Hartman (Sentinel teacher), Kaila Warren (Health Dept), and teachers/counselors in MCPS and any other interested staff members.

**Long term goals:**

* Reduce teen dating violence reported by students on Missoula County Youth Risk Behavior Survey by 50% in five years (2019).
* Reduce the 30 day alcohol use rate among 8th, 10th, 12th graders by 13% as reported by the Montana Prevention Needs Assessment survey by 2019.
* Reduce Office Discipline Referrals by 30% in three years (2017).
* All MCPS schools use the Systematic Screener for Behavior Disorders (SSBD) to identify students at risk for mental health disorders by 2017.
* All schools use Positive Family Support to increase parent engagement and effective parenting strategies.
* Long-term and short-term goals for prevention of suicide, teen pregnancy, and spread of sexually transmitted diseases to be drafted Summer 2014.

**Short term goals:**

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| **2014 - 2015** | * All Missoula County 7th/8th grade health teachers are offered the *Power Up, Speak Out!* healthy relationships curriculum. * All Missoula County 5th grade classrooms are invited to participate in a six week Choices Matter - Decision Making educational series related to choices, alcohol, tobacco, and prescription drug awareness education. * All Missoula County 6-8th grade health teachers are offered decision-making and alcohol education workshops. * 90% of MCPS schools implementing Montana Behavioral Initiative (MBI) with fidelity as measured by at least 80% on the School Evaluation Tool (SET) and using SWIS or SWIS like data bases to record and analyzed office discipline referrals. * 40% of MCPS schools using SSBD to identify students at risk for mental health disorders. * All elementary MCPS Kindergarten and 40% of 1-5 grades using Positive Family Support as measured by the Positive Family Support Fidelity Check List. |
| **2015 – 2016** | * All high school health teachers are offered an adapted high school version of the *Power Up, Speak Out!* healthy relationships curriculum. * All MCPS schools implementing MBI with fidelity as measured by at least 80% on the School Evaluation Tool (SET) and using SWIS or SWIS like data bases to record and analyzed office discipline referrals. * 75% of MCPS schools using SSBD to identify students at risk for mental health disorders. * 50% of MCPS K-5 elementary schools and 75% of MCPS Middle Schools implementing Positive Family Support as measured by the Positive Family Support Fidelity Checklist. |
| **2016 – 2017** | * All MCPS schools implementing Positive Family Support as measured by the Positive Family Support Fidelity Checklist. |

**Spring/Summer 2014 Action Plan:**

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| **Action Step** | **Person Responsible** | **Timeline** |
| Facilitate focus groups in high schools to obtain student/staff input on what behavioral and mental wellness needs exist, and draft goals and action steps based on that feedback. | Anna | April-June 2014 |
| At least one member of Behavioral Health team will participate in the 2014-2014 Health Enhancement curriculum review team. | Kelly, Kristie, Brandee, Abby | 2014-2015 Academic Year |
| Recruit and train student interns and Teen Council members to help facilitate Power Up, Speak Out! workshops in Missoula County 7th/8th grade health classes. | Kelly | May-August 2014 |
| MCPS school teams develop action plan for 2014-2015. | MBI teams | May-August 2014-2015 |
| MCPS offers Positive Family Support Workshop for MBI teams. | Carol | September-October 2014 |
| MBI and Power-Up Speak Out coordinate to use same language in high school ( Be Responsible, Respectful and Safe). | Carol/Kelly | May-October 2014-2015 |
| MCPS trains MBI facilitators in the use of the SSBD. | Carol | October 2014 |